

SUNDAY BREAKFAST

MENU: Assorted Cereal, French Toast, Butter, Syrup, Apple Juice, Milk (on request)

FOOD LIST:

8 packs	Cereal	1 Can	Apple Juice
2 qt	Milk (for cereal)	4 oz	Margarine
4	Eggs	1 btl	Syrup
1 loaf	Bread	As requested	Milk for beverage

STAPLES: Shortening

**UTENSILS: Frying Pan Large Fork Spatula
Medium Pot Pitcher Measuring Cup**

DIRECTIONS FOR COOKING:

1. Prepare the apple juice in pitcher following directions on can.
2. Break the eggs into the medium pot. Beat with a fork until the eggs and whites are well mixed. Add $\frac{1}{4}$ cup of milk per egg, and continue beating until mixed. Heat the frying pan and add 1 Tbsp shortening. Without soaking, dip each side of a slice of bread into the egg mixture, using the fork, and carefully put it into the frying pan. You will probably be able to put three slices into the pan at one time. When the bread is golden brown on one side, carefully turn it over with the spatula and brown the other side. Add a little shortening between each batch. Keep on a covered metal plate close to fire to keep warm until all French toast is cooked.
3. Set out the cereal, margarine, syrup, sugar and milk.
4. Put on dish washing water to heat before sitting down for meal.

SUNDAY DINNER

MENU: Spaghetti with Meatballs, Garlic Bread, Tossed Salad, Corn, Ice Cream Treat, Drink Mix, Milk

FOOD LIST:

32 oz	Spaghetti	1 can	Spaghetti Sauce
4 oz	Parmesan Cheese	24	Meatballs
1	Cucumber	1 head	Lettuce
8 packets	Salad Dressing	2	Tomatoes
4 oz	Margarine	2	Carrots
2 cans	Corn	1 loaf	French Bread
2 qt	Milk	8 portions	Ice cream treat

STAPLES: Drink Mix (from package given at lunch) Salt

**UTENSILS: Large Pot Medium Pot Small Pot
Large Spoon Slicing Knife Colander**

DIRECTIONS FOR COOKING:

1. Prepare drink mix in pitcher according to directions on package.
2. Fill large pot $\frac{3}{4}$ with water and boil for 9 to 11 minutes until noodles are done. **DO NOT OVERCOOK.** Drain well with colander. Add 2 Tbsp margarine to keep noodles from sticking.
3. Cook spaghetti sauce and meatballs in medium pot. Simmer 15 to 20 minutes to thoroughly heat the meatballs.
4. Add meatballs and sauce to cooked spaghetti in a large pot. Stir gently to Mix well. (DO STEPS 5,6 AND 7 ALL AT THE SAME TIME.)
5. Wash lettuce, drain well, break into bite size pieces. Cut ends off carrots, wash, scrape, and cut into pieces. Wash cucumber, peel, cut in half lengthwise, cut in slices. Wash tomatoes, remove core, cut each tomato into wedges. After cooking spaghetti sauce, wash medium pan, put vegetables in pot and toss together gently into salad.
6. Put corn and water from can into small pot and heat. Add salt and pepper to taste.
7. Put bread in aluminum foil, and put over edge of fire to warm bread. Be careful not to put it so close to fire that bread will dry out or burn.
8. Set out milk, parmesan cheese, tossed salad, dressing and garlic bread.
9. Return to commissary to pick up ice cream BEFORE 6:30 pm.

MONDAY BREAKFAST

MENU: Assorted Cereal, Fresh Fruit (on request), Scrambled Eggs, Coffee Cake, Bread, Margarine, Jelly, Milk (on request)

FOOD LIST:

ON request	Fresh fruit	12 boxes	Cereal
½ loaf	Bread	8 pieces	Coffee Cake
2 qts	Milk (cereal / eggs)	4 oz.	Margarine
16	Eggs	As requested	Milk for drinks

STAPLES: Shortening Jelly

**UTENSILS: Frying Pan Large Fork Coffee Pot
Medium Pot Spatula**

DIRECTIONS FOR COOKING:

- 1. Combine the eggs, ½ cup milk, and pepper to taste in a medium pot. Heat 1 Tbsp. Shortening in frying pan. Pour the egg and milk mixture from pot into the frying pan, Being careful to leave room to stir eggs without spilling over edge of the pan, scrape them toward the center using the spatula. Continue doing this until the whole mixture is set, but not dry. DO NOT OVERCOOK OR ALLOW TO BURN ONTO THE BOTTOM OF PAN.**
- 2. Set out cereal, coffee cake, fruit, bread, margarine, jelly, sugar and milk.**

MONDAY DINNER

Menu: Chicken Nuggets, Baked Potatoes, Mixed Vegetables, Strawberry Shortcake, Milk.

64	Large Chicken Nuggets	2 cans	Carrots
8	Large Potatoes	8 portions	Shortcake
2 qt	Milk	1 cup	Whipped topping

STAPLES: Shortening Drink Mix (from Lunch) Aluminum Foil

UTENSILS: Pitcher Dutch oven Medium pot
 Large spoon

DIRECTION FOR COOKING:

1. Prepare drink mix in pitcher according to the directions on the package.
2. Wash potatoes, then wrap each potato individually in foil. Place in coals for 30 minutes Or until done. (Optionally you may skin potatoes, cut up and boil or mash).
3. Heat enough shortening in Dutch oven to cover the bottom with $\frac{1}{2}$ inch of shortening.
4. Using a spoon, place chicken nuggets in hot shortening in a single layer. Cook 1 or 2 Minutes. Using a spoon, remove nuggets from shortening. Add shorting as necessary to keep $\frac{1}{2}$ inch of shorting in Dutch oven.
5. Heat mixed vegetables and liquid from can in medium pot. Just before serving, drain off liquid and add 2 Tbsp margarine. Stir gently and cover.
6. Set out chicken nuggets, potatoes, and mixed vegetables.
7. Spoon topping over shortcake and serve.

Tuesday Breakfast

MENU: Assorted Cereal, Buttermilk Pancakes, Margarine, Syrup, Orange Juice, Fresh Fruit (on request), Milk (on request)

FOOD LIST:

12 boxes	Cereal	3 cans	Orange Juice
1 qt	Milk (for cereal)	4 oz	Margarine
1 – 2 lb box	Pancake Mix	1 btl	Syrup
As requested	Fresh Fruit	As requested	Milk for beverage

STAPLES: Shortening

UTENSILS: Frying Pan Large Spoon Spatula
Medium Pot Pitcher Large Pot

DIRECTIONS FOR COOKING:

1. Prepare the orange juice in pitcher according to the directions using three parts Water / 1 part orange juice.
2. Mix the pancake batter following instructions on package in the medium pot.
3. Put 1 tsp. Shortening in frying pan. Heat until melted. Spoon batter to form pancakes. Turn over when bubbles appear. Fry until brown. You may need to add a little shortening while continuing to cook. Keep on a covered metal plate close to fire to keep warm until all pancakes are cooked.
4. Set out the cereal, margarine, sugar and milk.

TUESDAY DINNER

Menu: Macaroni and Cheese with Ham, Green Beans, Fruit Cobbler, Cold Drink, Milk (on request)

24 oz.	Macaroni	2 cans	Green Beans
2 pks of 4 oz.	Cheese Sauce	8 oz.	Margarine
1 – ½ lb.	Ham	2 can	Fruit filling
1 qt.	Milk (for cooking)	12 oz.	Cake mix

STAPLES: Drink Mix

UTENSILS: Large Pot Dutch Oven Medium Pot
Slicing Knife Small Pot Pitcher
Large Spoon Colander

DIRECTIONS FOR COOKING:

1. Prepare drink mix according to directions on the package.
2. Fill large pot $\frac{3}{4}$ full of water, add 1 tsp of salt, and bring to boil. Put macaroni in water, and cook for 8 to 10 minutes until tender. Drain well with colander.
3. Prepare cheese sauce in small pot according to directions on the package or add Only enough HOT water to cheese mix to get desired consistency. Stir until smooth.

--- Do steps 4, 5, and 6 at the same time ----

4. Spread fruit pie filling evenly over bottom of Dutch oven. Sprinkle cake mix over top Of filling. Put dots of margarine on top of mix. Use 4 oz. Margarine. Place top on Dutch oven, put on fire, and place some coals on top of oven. Bake until topping is brown, 15 to 20 minutes, check every 5 minutes.
5. Add cheese and ham to macaroni in large pot. Mix thoroughly. Cook until heated Thoroughly.
6. Put green beans with water from can into medium pot. Heat and drain. Add 1 Tbsp Margarine and stir gently.
7. Set out macaroni and cheese, and green beans.

WEDNESDAY BREAKFAST

Menu: Cinnamon Oatmeal, Apple Juice, Fresh Fruit (on request), Scrambled Eggs, Sausage Patties, Bread, Margarine, Jelly, Milk (on request)

FOOD LIST:

ON request	Fresh fruit	8 packets	Cinnamon Oatmeal
½ loaf	Bread	16	Sausage patties
1 qt	Milk (oatmeal / eggs)	4 oz.	Margarine
16	Eggs	1 can	Apple Juice
As requested	Milk for drinks		

STAPLES: Jelly Shortening

UTENSILS: Frying Pan (2) Spatula Medium Pot
Large Pot Large Fork

DIRECTION FOR COOKS:

1. Prepare the apple juice in pitcher following directions on can.
2. Fill large pot with water and heat. Use for oatmeal.
3. Arrange the sausage in the bottom of one frying pan and cook until brown on both sides. Keep a close watch over them. **AVOID GREASE FIRES.** Set on paper towels on plate when cooked.
4. Combine the eggs, ½ cup milk, and salt and pepper to taste in a medium pot. Heat 1 TBSP. Shortening in frying pan. Pour the egg and milk mixture from pot into the frying pan, being careful to leave room to stir eggs without spilling over sides of frying pan. (You may need to cook 2 batches). As eggs set around the edge of the pan, scrape them toward the center using the spatula. Continue doing this until the whole mixture is set, but not dry. **DO NOT OVERCOOK OR ALLOW TO BURN ONTO THE BOTTOM OF PAN.**
5. Set out bread, margarine, jelly, milk and fruit.

WEDNESDAY DINNER

MENU: Taco Bar with Chili Beans, Shredded Cheese, Lettuce, Tomato, Spanish Rice, Cookie, Cold Drink, Milk (upon request)

2 lb.	Ground Beef	24	Taco Shells
2 envelopes	Taco Seasoning	1 head	Lettuce
1 can	Kidney Beans	2	Tomatoes
12 oz.	Shredded Cheese	8 oz.	Rice
24	Cookies / 3 per Scout	1 can	Tomato Soup

STAPLES: Drink Mix (for lunch)

UTENSILS; Dutch Oven Slicing Knife Medium Pot
Large Spoon Pitcher

1. Prepare drink mix in pitcher according to the directions on the package.
2. Crumble ground beef and brown in Dutch oven. Drain grease well. Add taco Seasoning and water per the seasoning pack and chili beans. Cook until heated.
3. Place rice in medium pot. Add equal amount of water. Bring to boil and cover. Cook until tender. Drain extra water and fluff with fork. Add tomato soup and heat thoroughly.
4. Wash lettuce, drain well, and shred. Wash tomatoes and cut into small pieces.
5. Set out taco shells, tomatoes, lettuce, Spanish rice.
6. Scouts make their own tacos.
7. Serve dessert.

THURSDAY DINNER

MENU: Fried chicken, Mashed Potatoes, Gravy, Peas, Cole Slaw, Fruit Pies, Milk

FOOD LIST:

16 PIECES	Chicken legs	2 cans	Corn
1	Seasoning bag	32 oz.	Cole Slaw
1 packer	Gravy Mix	8 portions	Fruit Pie
3 packets	Instant Potatoes	2 qts	Milk
4 oz.	Margarine	1 pr.	Plastic Gloves

UTENSILS: Dutch oven Large Pot Large Spoon
Medium Pot Small Pot Large Fork

STAPLES: Shortening Drink Mix (for lunch)

DIRECTIONS FOR COOKS:

1. Heat enough shortening in Dutch oven to cover the bottom with ½ inch of shortening.
2. Dip pieces of chicken in seasoning bag. Fry chicken in Dutch oven until brown on all sides. Add ½ cup water to Dutch oven. Cover with lid and keep over a low fire to steam for 30 to 40 minutes until chicken is done. Test by pulling the muscles fibers apart with a fork.

---Do items 3, 4, and 5 all at the same time.---

3. Prepare gravy in small pot according to directions on package.
4. Prepare mashed potatoes in large pot according to directions on the packet.
5. Put peas with water from can into medium pot. Heat and drain. Add 1 Tbsp margarine and stir gently.
6. Set out chicken, gravy, mashed potatoes, peas, coleslaw, milk.
7. Serve dessert.

SANITATION NOTE: USE GLOVES WHEN HANDLING RAW CHICKEN. CLEAN SURFACES WHERE YOU PLACE RAW CHICKEN. THROW GLOVES OUT WHEN FINISHED HANDLING RAW CHICKEN UNLESS YOU WASH YOUR HANDS WITH SOAP AND WATER.

FRIDAY BREAKFAST

Menu: Assorted Cereal, Buttermilk Pancakes, Margarine, Syrup, Cocoa, Fresh Fruit (on request), Milk (On request)

FOOD LIST

12 Boxes	Cereal	4 oz.	Margarine
1 qt	Milk (for cereal)	1 btl	Syrup
1 – 2 lb box	Pancake mix	As requested	Milk for beverage
As requested	Fresh Fruit		

STAPLES: Shortening

UTENSILS: Frying Pan Large Spoon Spatula
 Coffee Pot Medium Pot

DIRECTIONS FOR COOKS:

1. Mix the pancake batter following instructions on package in the medium pot.
2. Put 1 tsp. Shortening in frying pan. Heat until melted. Spoon batter to form pancakes.
Turn over when bubbles appear. Fry until brown. You may need to add a little shortening while continuing to cook. Keep on a covered metal plate close to fire to keep warm until all pancakes are cooked.
3. Set out cereal, margarine, syrup, sugar and milk.

FRIDAY DINNER

MENU: Ham and Cheese Sandwich, Lettuce, Veggies with Dip, Applesauce, Brownie, Cold Drink

24 slices	Ham	2 cans	Apple Sauce
8 Slices	Cheese	1 loaf	Bread
1 bag	Chips	8 portions	Brownies
½ head	Lettuce	4	Carrots
4 stalks	Celery	10 packets	Mustard
4 packets	Ranch Dressing	10 packets	Mayonnaise

STAPLES: Drink Mix (from lunch)

UTENSILS: Large Pitcher Large Spoon Slicing Knife
Serving Plate

DIRECTIONS FOR COOKS:

- 1. Prepare drink mix in pitcher according to the direction on the package.**
- 2. Cut tops and base off of celery and carrots, scrape carrots, and wash celery and Carrots. Cut in half lengthwise, and in half again. Place on plate to serve with ranch dressing for dipping.**
- 3. Set out ham, cheese, bread, applesauce, brownies, chips.**
- 4. Each Scout builds his own sandwich.**

